

## Contact Information

Acute Musculoskeletal Therapy Team:

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If you would like further information regarding BPPV please see attached link:

<https://patient.info/health/dizziness/benign-paroxysmal-positional-vertigo>

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# Post Epley Instructions

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

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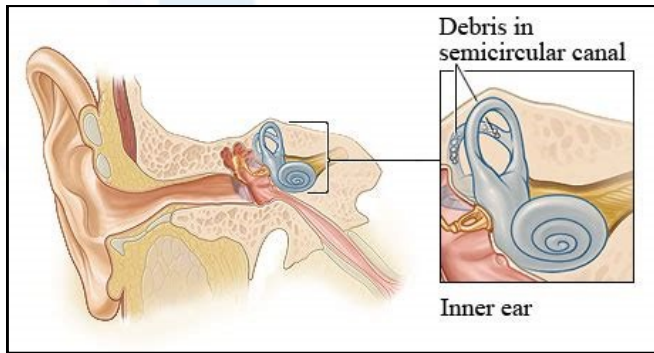
## Instructions to be followed Post Epley Manoeuvre

- 1) Avoid any large or fast head movements for 2 days.
- 2) Use a collar or towel to limit head movement.
- 3) Avoid activities such as visiting the dentist, hairdressers, gym or swimming for the next 2 days.
- 4) Take care when shaving, using eye drops or washing hair.
- 5) Sleep on your good side (side that does not cause your dizziness) with a pillow for support. Avoid sleeping on your bad side.

## Causes

- There is a collection of tiny crystals inside your ear. They have a valuable role to play when sitting in the correct position. BPPV occurs when the crystals are dislodged from their correct position. They then move into one or more of the semi-circular canals.
- When you put your head into certain positions the crystals can move, making your brain think you are moving, even though you are not. This causes your eyes to move in a particular way. If you stay in the position which makes you dizzy, the crystals will settle and the dizziness will wear off.
- The crystals can become dislodged from their normal position for a number of reasons. These include a head injury or an infection of the inner ear. More commonly it happens for no reason. BPPV normally occurs in one ear but some people have it in both ears at the same time.

## Why have I been given these exercises?



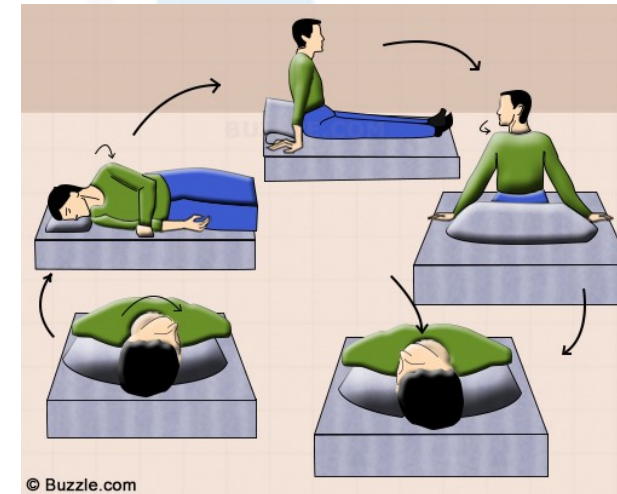
### Treatment

- It is common for BPPV to clear up by itself after a few weeks or months and no treatment is required. If it does not resolve itself treatment is a safe, simple and quick procedure. For most patients the dizziness is stopped after just one treatment, though occasionally the treatment may need to be repeated a second or third time.
- This procedure is called the **Epley Manoeuvre**.
- The manoeuvre involves the clinician placing your head in an extended position for a short period of time. This will help to reposition the calcium crystals within the semi-circular canals and will improve your symptoms considerably over the next few days.

See the image on the next page for details of the procedure.

## What is the Epley manoeuvre?

The procedure will only take approximately 5 minutes to perform and afterwards you will be asked to remain in the department for a short period of time to assess your reaction to the technique as you may feel some initial increase in your dizziness which will settle.



\*Face to the side of that brings on your dizziness first.

On the next page is a set of instructions you should follow over the next 2-3 days after this manoeuvre has been performed.